

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: www.easthamptonct.org

Email: seniorcenter@easthamptonct.gov



Volume 3 Issue 10

Newsletter Date:

October 2014

Senior Center is Closed for Columbus Day October 13, 2014

Senior Center CLUB, Monday October 6th @ 1pm

Monday, October 6th at 1pm. The Book Club will sponsor meeting. Meet an author and hear about the Hartford Circus Fire! Join us for fun and something new! Help us plan the holiday programs at the Senior Center. and try your chance at a door prize. Life refreshments will be available. Come One, Come All! Please sign up at the desk to let us now you are coming.

Middlesex Homecare

The Blood Pressure Clinic will be held only on 10/6/14 & 10/20/14 10:45am- 12:00pm

Need help with Medicare Changes? Medicare Open Enrollment? Set up an appointment with a CHOICES Volunteer. Call or sign up at the Sr. Ctr.

LUNCH & LEARN SEMINAR

The Marlborough Rehab and Healthcare & Water's Edge sponsors:

Healthy Heart Health Seminar and Lunch.

Thursday, October 9th 12:00 noon.
Pre-registration necessary by 10/6/14, in order to have a head count for the lunch. Call the Sr. Ctr. Or sign-up at the front desk.



The East Hampton Commission on Aging is pleased to endorse a new partnership between the Senior Center and St. Luke's Community Services of Middletown. They are partnering to recruit volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability. All volunteers are background checked, trained and bonded. The next orientations sessions (volunteers attend only one) are scheduled on Thursday, Oct. 16th, 5:30-8:30pm & Thursday, Oct. 23rd, 9am-Noon at the East Hampton Senior Center, 105 Main Street. Volunteer candidates must register at least one week in advance of orientation. To register, or for more information about our programs and the volunteer vetting process, please contact Jo Ann Ewing, Senior Services Coordinator, (860)267-4426 or [jewling@easthamptonct.gov](mailto:jewing@easthamptonct.gov)

AARP Safe Driving Course

October 30th 9am-1pm. AARP Member \$15.00 Non-member \$20.00 Payment (CHECKS ONLY) due at sign-up.

AARP
Real Possibilities



The Commission On Aging meets the 2nd Thursday of the month. Next mtg is October 9th at 3:00pm at the Senior Center. All are invited to attend. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.

Ct Energy Assistance

Appointments are being taken now for the 2014-2015 Heating Assistance Program at the Senior Center

2015 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

Family of One: \$ 23,240.00

Family of Two: \$ 31,460.00

Family of Three: \$39,580.00

Family of Four: \$ 47,700.00

Proof of Income:

Social Security:

Monthly Statement for 2014

Pension Statements or Wages for last 4weeks

Rent Receipt/Proof of Mortgage if still paying on house

Most Recent Checking/Savings Account Statements (**ALL PAGES**)

CD's; IRA's, statements

Oil/Electric Bill

Call for an appointment

Happy Birthday!

October babies! If you were born in October let us know! Come Celebrate your birthday on Monday, October 27th.. We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy the Halloween Hop at 1pm. Enjoy cake and ice cream after. Have a friend you want to celebrate with you.? *Have them sign up with Ann at least 24hrs in advance.* The party is Monday, October 27th at 12:00noon.



WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
3. Instructors often ask is for a number of registrations in order to prepare handouts.
4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.

Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. *Thank-you!*

Counseling Services

at the East Hampton Senior Center, Individual by appointment. Call Diane to schedule a appointment @ 860-508-9719

This service is provided in partnership with the East Hampton Youth and Family Services Department.

HALLOWEEN HOP MONDAY, Oct. 27th

1p-3p.

Dance, Sing, Comedy, & Refreshment! Help us celebrate

our October birthdays as well! Sign-up mandatory, Costumes optional!



Genealogy Club: October 28th 10:00am

Sr. Ctr. Stop in with the history you have and begin or continue on your family history!

Build a Bear for people in Need!

Sojourn Bears on Wednesday mornings 10am

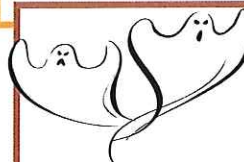
Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy

Sit & Stretch Class is

offered Tuesday & Thursday 10am to 11am

\$3.00 per class or \$20.00 per month.



Movie Day:

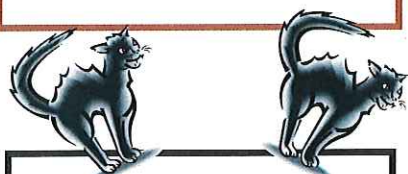
Monday October 20th @ 1:00

Nailbiting riveting movie of 2 Magicians!

BOOK CLUB Tuesday,
October 14th at
11am, New club
members always
welcome!

Wii Bowling

WANTED: New team members !
Practice Wednesdays at 2pm.



Square Dancing

Will meet every Friday at 10am. Please sign up at the front desk. \$3.00 per session, please pay the caller the day of the session.



BINGO!!!

Bingo

Tuesdays at 1:00 PM. We offer a wide variety of

Games.

Cash prizes and food prizes available!
Play up to 5 cards!

Wednesdays, Board Games 1pm

BIBLE STUDY

1PM

TUESDAYS

New members welcome

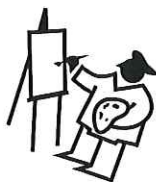


Open Art Studio:

Tuesdays

10:00am to 12:30pm.

If you are interested in joining this group contact Dawn Tyler on Tuesdays.



Setback

12:30-3:00pm.

Thursdays



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

Dial-A-Ride is available from 6:00-6:00pm Monday thru Friday & Saturday 8am- 5pm. Closed Sunday.

There is a \$2.00 charge for a one way trip (\$4.00per round trip).

For more information call the senior center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. The provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.

NEW PROGRAMS:

Country Line Dance with Mimi @10am, Monday, October 6th & 20th. Come learn a dance step or two with Mimi Perrotti. Please sign up at the desk.

The Gift of Living History: Attend by invitation, Children whom are homeschooled will explore with senior citizens what Living History is. This is a way to interact with school age children to learn about Living Histories. If you are interested, sign-up at the Senior Center. Sign-up is necessary for participation. We will call you to confirm date and time.

REFLEXOLOGY certified Reflexologist Suzette Christainsen Relaxation via hand and foot therapy. By ap-
pointment only. \$10.00 per 15 minute session Pay day of session. **Friday, October 24th.**

Halloween Hop Monday, October 27th @ 1pm, Costumes Optional, October Birthdays to be celebrated. Enjoy Dancing, Singing, Comedy, & Refreshments. (No partners needed). Please sign-up and indicate if you would be willing to bring some munchies.

***Women In Conversation,** Join us for lively discussion about life's concerns, dreams and goals. This group meets Wednesdays @ 11am. Please sign up at the desk or call the Center.*

Lunch & Learn : **Alzheimers Awareness** Friday, October 17th at 12noon. Registration required. Sponsored by Cobalt Healthcare and Rehabilitation Center.

Join us for a Goulsh Muffins for the Mind Monday October 27th @ 10:30am.

TRAVEL*Senior Bus Trip***Irving Berlin's Holiday Inn**

Monday, November 24th Lunch at 11:30 Show @ 2:00pm Payment due at sign-up \$76.00 Deadline Oct. 6th

COACH TRIPS:

Christmas in the Amish Country 'Moses' Nov. 11-13, 2014 Lancaster, Pa. sight and Sound Theatre & American Music Theatre Brochure at the Sr. Ctr. Cost: \$427pptwin Deposit of \$150.00 by Aug. 11, 2014. final Payment due: 9/15.

December 15th ,2014 The Diamonds at the Aqua Turf. \$90.00pp

DAY TRIPS!

Cromwell Shopping, Friday, October 3rd 12:30 to 3:30pm Choose a store or two, to get your shopping done.

CT River Loop: Enjoy a relaxing day , taking in the foliage around the Ct River. Lunch TBA 10am to 2pm Thursday Oct 16th

Essex Steam Train & Mystery Lunch Monday, October 20th 9:45 am \$15.00 for admission & \$3.00 transportation donation

October 31st Lv @10:15 Lunch at the Uncommon Kitchen, Windham Tech Culinary School. \$10.00 admission + transportation Donation.

Saturday Afternoon Concert**Music through the Decades with David Polansky**

Oct. 25, 2:00 p.m.

East Hampton Public Library

Registration required.



Natick's [MA] own "jazz man" will take you through a hundred years of American history with anecdotes and music, to a backdrop of Norman Rockwell illustrations. Taping the American Popular Songbook, wielding trumpet or keyboard, David Polansky brings our past to life with the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael and a host of others. This concert comes to East Hampton courtesy of the Norman Rockwell Museum in Stockbridge, MA. Senior Bus Transportation available. Call the Senior Center 860-267-4426 at least 48hrs in advance.

The Alzheimer's Association will present:

The 10 Warning Signs of Alzheimer's Disease.

Thursday, October 30th, 2014 6:30pm at the East Hampton Senior Center.

Know the Signs,

Early Detection Matters!

The East Hampton Commission on Aging invites you to learn more about Alzheimer's Disease. Kristine Johnson, from the Alzheimer's Association will teach you what to look for.

Please call or register at the East Hampton Senior Center, at 860-267-4426.